## 3:35 - Nathan Flynn-Thomas

I run because it gives me the chance to forget about my stresses in life and the opportunity to clear my head. I run for the different scenery and the ability to see how far my body and mind are willing to stretch. Lastly, the community of the sport is unlike any other and I thoroughly



enjoy that.
My favorite race is the
Twin Cities
Marathon. There are so
many individuals
running, volunteering,
and cheering. It is an
incredible rush.

My advice to a first time marathon runner is not matter how challenging it may feel throughout the race, always keep pushing and know the finish line will be waiting for you.